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Caregiving Resources: Family Fact Sheet #7

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Senior Spectrum

Rosscare

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Caregiving Resources

FAMILY FACT SHEET #7

Many Caregivers do not know where to turn for help. Providing information and referral is an important function of the MPPC team.

If you are caring for an older relative, you know that your job as caregiver may be difficult to complete alone. Resources do exist to assist you in your caregiving role.

Important principles to remember

- Not all resources are based on income requirements. You and your family may be eligible to receive many services free or at lower cost. Ask about cost options when speaking to the resource specialist.
- Before calling resources make sure to have basic information about your loved one on hand. You may need to communicate their demographic, health, legal, and financial information. Make sure to include physician contact information.

Local resources exist for caregivers

- *Your Local Area Agency on Aging (AAA)*

The five AAA agencies in Maine offer caregiver assistance through the National Family Caregiver Support Program in the form of information, referral, support groups, and respite care. For more information, call 1-877-353-3771 or visit www.maine.gov/dhs/beas/caregivers.htm.

- *The Maine Alzheimer's Association Helpline*

This statewide, toll-free helpline offers one-on-one support for caregivers of people with Alzheimer's and other dementias, as well as connects callers with support resources in their area. The helpline is available 24 hours a day, 7 days a week. All calls are confidential. Call 1-800-660-2871 or visit www.mainealz.org.

- *The Bureau of Elder and Adult Services (BEAS)*

BEAS coordinates the state's long-term care resources and services for older adults and adults with disabilities, including adult protective services, assisted living programs, community services, disability determination services, home and community-based care, and medicare support services. Call 1-800-262-2232 or visit www.maine.gov/dhs/beas/welcome.htm.

Addition federal resources are also available

- *Elder Care Locator*

This federally funded database can link you up with caregiving resources in your area. For more information, call 1-800-677-1116 or visit www.eldercare.gov.

- *AARP*

AARP offers general information about caregiving, as well as information on work and caregiving, long-term care, advanced directives, and other information. In addition, AARP offers free online courses on caring for aging parents, as well as web-based support groups and message boards for caregivers. Call 1-888-687-2277 or visit www.aarp.org/life/caregiving.

FAMILY CAREGIVING TIP

Caregivers often put off seeking outside assistance until a crisis occurs; it is important that you familiarize yourself with local and national resources in case of emergency.

**For more information call your Area Agency on Aging
1-877-353-3771**